

Please  
have your  
fare  
ready to

PAY THE  
DRIVER



### Mondays to Fridays

**NOTE** Between Romford and Stratford extra buses provide a service as follows:  
Romford to Ilford every 5-6 minutes until 1930;  
Ilford to Stratford every 6 minutes during peak hours.

Romford Station	0538	0602	0617	0629	0639	0652	0703
Chadwell Heath Coopers Arms	0550	0614	0629	0643	0655	0708	0720
Seven Kings Bus Garage	0555	0612	0619	0627	0634	0649	0726
Ilford Clements Road	0548	0600	0617	0625	0633	0645	0726
Manor Park Broadway	A	0609	0626	0637	0645	0652	0732
Forest Gate Green Street		0612	0629	0641	0649	0656	0734
Stratford Broadway		0618	0635	0650	0658	0705	0745
Stratford Bus Station ☎ DLR		↓	↓	↓	0700	0712	0726
Bow Church DLR		0623	0640	0655	0710	0717	0730
Mile End Station		0627	0645	0700	0715	0725	0734

Romford Station	0715	0826	0844	0850	0902	0915	0927	0939	0948	1348	1508	1513	1524	1535
Chadwell Heath Coopers Arms	0732	0844	0902	0908	0920	0933	0945	0957	1005	Then	1405	Then	1525	1530
Seven Kings Bus Garage	0738	Then	0850	0908	0914	0926	0939	0951	1003	1011	every	1411	about	1531
Ilford Clements Road	0747	about	0859	0917	0923	0935	0948	1000	1012	1019	10	1419	every	1539
Manor Park Broadway	0801	every	0913	0931	0937	0949	1002	1014	1026	1033	minutes	1433	6	1551
Forest Gate Green Street	0807	12	0919	0937	0943	0955	1008	1020	1032	1038	until	1438	mins.	1556
Stratford Broadway	0816	mins.	0928	0946	0952	1004	1016	1028	1040	1046	1446	until	1604	1609
Stratford Bus Station ☎ DLR		until	↓	↓	0954	1006	1018	1030	1042	1048	1448	↓	1606	↓
Bow Church DLR	0823	0935	0952	0959	0959	0959	0959	0959	0959	0959	...	...	1615	1626
Mile End Station	0830	0942	0959	0959	0959	0959	0959	0959	0959	0959	...	...	1620	1631

Romford Station	C	1548	1728	1735	2256	2312	2320	2332	2344	2357	0015	0037	
Chadwell Heath Coopers Arms	1559	1605	1744	1751	Then	2310	2324	2322	2344	2356	0009	B	
Seven Kings Bus Garage	1605	1611	Then	1750	1757	about	2315	2329	2337	2349	0001	0014	0032
Ilford Clements Road	1613	1619	about	1757	1804	every	2320	2334	2337	2349	0001	0014	0034
Manor Park Broadway	1625	1631	every	1808	1815	12	2329	2343	2347	2352	0001	0014	0034
Forest Gate Green Street	1630	1636	12	1813	1820	minutes	2332	2346	2352	2357	0001	0014	0034
Stratford Broadway	1638	1644	minutes	1820	1827	until	2338	2352	2357	2362	0001	0014	0034
Stratford Bus Station ☎ DLR	1640	↓	until	↓	1829	2340	2354	2357	2362	2367	0001	0014	0034
Bow Church DLR	1650	1826	...	...	...	...	...	...	...	...	...	...	...
Mile End Station	1655	1831	...	...	...	...	...	...	...	...	...	...	...

### Saturdays

Romford Station	0536	0606	0635	0659	0723	0910	0920	0930	0940	0950	1720	1724	1729	
Chadwell Heath Coopers Arms	0548	0618	0648	B	0712	B	0736	Then	0926	0936	Then	1740	1744	1749
Seven Kings Bus Garage	0540	0553	0623	0639	0653	0705	0717	0729	0741	0932	0938	0943	Then	1747
Ilford Clements Road	0545	0558	0628	0645	0659	0711	0723	0735	0747	0939	0945	0952	every	1756
Manor Park Broadway	A	0607	0637	0656	0710	0722	0734	0746	0758	12	0952	0958	1006	1809
Forest Gate Green Street	0610	0640	0659	0713	0725	0737	0749	0801	mins.	0955	1002	1009	minutes	1813
Stratford Broadway	0616	0646	0705	0719	0731	0743	0755	0807	until	1003	1010	1017	until	1819
Stratford Bus Station ☎ DLR	0618	0648	0707	0721	0733	0745	0757	0809	1005	1012	1019	...	...	1821

Romford Station	1737	1743	1750	1756	1802	1806	2256	2312	2320	2332	2344	2356	0016	0037
Chadwell Heath Coopers Arms	1757	1803	1810	1816	1819	1822	Then	2310	2324	2322	2344	B	0028	B
Seven Kings Bus Garage	1804	1809	1816	1822	1825	1828	about	2315	2329	2337	2349	2356	0008	B
Ilford Clements Road	1809	1821	1827	1833	1841	1848	every	2320	2334	...	...	0001	0013	0033
Manor Park Broadway	1819	1831	A	1831	1837	1843	12	2329	2343	...	...	...	...	...
Forest Gate Green Street	1823	1835	...	1847	1853	1859	mins.	2332	2346	...	...	...	...	...
Stratford Broadway	1829	1841	...	1853	1859	1865	until	2338	2352	...	...	...	...	...
Stratford Bus Station ☎ DLR	1831	1843	...	1855	1865	2340	2354	2357	2362	2367	...	...	...	...

### Sundays and Public Holidays

Romford Station	D	0710	0740	0810	0840	0902	0920	0930	0940	0950	1008	1020		
Chadwell Heath Coopers Arms	0613	0643	0721	0727	0757	0808	0837	0857	0903	0919	0932	0949	1004	1034
Seven Kings Bus Garage	0618	0643	0727	0733	0757	0808	0837	0857	0903	0919	0932	0948	1055	1040
Ilford Clements Road	0624	0648	0703	0727	0733	0803	0814	0833	0844	0903	0925	0938	1044	1046
Manor Park Broadway	E	0657	0713	0737	0743	0813	0824	0843	0913	0919	0935	0948	1054	1044
Forest Gate Green Street	0700	0716	0740	0746	0816	0827	0846	0857	0916	0922	0938	0952	1058	1040
Stratford Broadway	0706	0722	0746	0752	0822	0833	0852	0903	0922	0928	0944	0958	1004	1036
Stratford Bus Station ☎ DLR	0708	0729	0748	0754	0835	0845	0905	0930	1000	1023	1023	1056	1056	1056
Bromley-by-Bow Station	0729	0759	0829	0859	0929	0951	1011	1043	1043	1043	1113	1113	1113	1113
Limehouse Burdett Road	0735	0805	0835	0905	0935	0958	1018	1050	1050	1050	1120	1120	1120	1120

Additional bus, Sundays: Romford Station to Seven Kings Bus Garage at 2301.

A - Continues to Ilford Broadway.

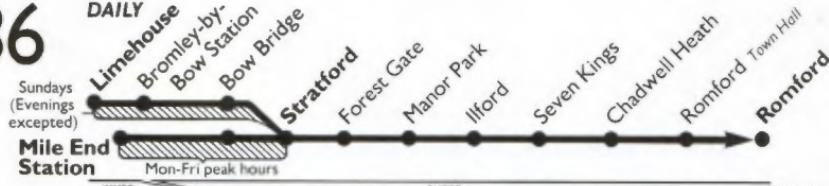
C - Starts from Romford St Edwards School.

E - Continues to Chigwell Row Maypole (bus 150).

B - Starts from Chadwell Heath Wangey Road.

D - Starts from Romford North Street/The Avenue via London Road (bus 150).

DLR - Docklands Light Railway.



**PLEASE HAVE YOUR FARE READY TO PAY THE DRIVER**

#### **Mondays to Fridays**

**NOTE** Between Stratford and Romford extra buses provide a service as follows:  
Stratford to Ilford every 6 minutes during peak hours;  
Ilford to Romford every 5-6 minutes until 1900.

## Saturdays

Stratford Bus Station		DLR	.....	.....	.....	0639	.....	0703	0902	.....	0915	0923	1722
Stratford Broadway	.....	.....	.....	.....	.....	0643	.....	0707	Then	0907	.....	0920	0928
Forest Gate Green Street	.....	.....	.....	.....	.....	0650	.....	0714	about	0915	.....	0928	0936
Manor Park	.....	.....	.....	.....	A	.....	0652	.....	0716	every	0918	A	0931
Ilford Clements Road	.....	.....	0601	.....	.....	0701	.....	0725	12	0927	0934	0940	0948
Seven Kings Bus Garage	0514	0544	0606	0633	0649	0657	0707	0713	0719	0731	mins.	0935	0942
Chadwell Heath Coopers Arms	0519	0549	0611	0638	0654	0702	0712	0718	0724	0736	until	0940	0948
Romford Station	0531	0601	0623	0653	B	0717	0727	B	0739	0751	059	1006	1012
											minutes	0951	1001
											until	1802	1821

Stratford Bus Station	 DLR	1728	1734	1738	1746	1752	1758	1804	1810	1812	Then	2300	2312	2324	2336	2348	0001
Stratford Broadway	...	1733	1739	1743	1751	1757	1803	1809	1815	1817	about	2304	2316	2326	2340	2352	0005
Forest Gate Green Street	...	1742	1748	1752	1800	1806	1812	1816	1822	1824	every	2311	2323	2335	2347	2359	0012
Manor Park Broadway	...	1745	1751	1755	1804	1810	1816	1820	1826	1828	12	2313	2325	2337	2349	0011	0014
Iford Climates Road	...	1754	1800	1804	1812	1818	1824	1828	1834	1836	minutes	2321	2333	2345	2357	0009	0022
Seven Kings Bus Garage	...	1802	1806	1810	1818	1824	1830	1834	1840	1842	until	2326	2338	2350	0002	0014	0027
Chadwell Heath Coopers Arms	...	1812	1818	1824	1836	1842	1848	1854	1860	1862	2331	2343	2355	0007	0019	0032	
Romford Station	...	1827	1839	1851	1851	1851	1903	1903	1903	1903	...	2343	B	0007	B	0031	B

**Additional buses, Saturdays:** Stratford Bus Station to Seven Kings Bus Garage at 1818, 1828 and 1832

## **Sundays and Public Holidays**

## A - Starts from Ilford Broadway

B - Continues to Chadwell Heath Waney Road.

**DLR - Docklands Light Railway.**